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WHAT IS CLAIMED IS:

A process for preparing a carbon molecular sieve, comprising:
providing a template having an internal structure defining pores;

contacting a composition with the template so as for the template to absorb and retain the composition in the pores thereof, wherein the composition comprises a polymerizable compound comprising carbons;

polymerizing the polymerizable compound while being retained in the pores of the template, thereby forming a polymeric material having carbons retained in the pores of the template;

subjecting the template and the polymeric material retained therein to heating sufficient to thermally decompose the polymeric material and to substantially remove non-carbon elements therefrom; and

removing the template.

- 2. The process of Claim 1, wherein the removal of the template comprises contacting the template with an acid or base.
- 3. The process of Claim 2, wherein the acid comprises hydrofluoric acid, and the base comprises a sodium hydroxide.
- 4. The process of Claim 2, wherein the acid or base for removal of the template is in an aqueous or alcoholic solution.
- 5. The process of Claim 1, wherein the template comprises a molecular sieve.
- 6. The process of Claim 1, wherein the template comprises a mesoporous silica molecular sieve.
- 7. The process of Claim 1, wherein the mesoporous silica molecular sieve comprises aluminum.
 - 8. The process of Claim 1, wherein the pores of the template comprises one-dimensional pores interconnected one another.
 - 9. The process of Claim 8, wherein the size of the one-dimensional pores is from about 1 nm to about 50 nm.
- 10. The process of Claim 8, wherein the size of the one-dimensional pores is from about 2 nm to about 20 nm.

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- 11. The process of Claim 1, wherein the template comprises SBA-15, Aluminum SBA-15, SBA-3 or Aluminum SBA-3.
- 12. The process of Claim 1, wherein the polymerizable compound comprises a carbohydrate.
- 13. The process of Claim 12, wherein the carbohydrate is selected from the group consisting of sucrose, xylose and glucose.
 - 14. The process of Claim 12, wherein the composition further comprises an acid.
 - 15. The process of Claim 14, wherein the acid is selected from the group consisting of sulfuric acid, hydrochloric acid, nitric acid, sulfonic acid and methylsulfonic acid.
 - 16. The process of Claim 1, wherein the polymerizable compound comprises a non-carbohydrate precursor of a polymer.
 - 17. The process of Claim 16, wherein the non-carbohydrate precursor is selected from the group consisting of furfuryl alcohol, aniline, acetylene and propylene.
 - 18. The process of Claim 1, wherein the heating for the thermal decomposition of the polymeric material is performed under vacuum or without oxygen.
 - 19. The process of Claim 1, wherein the heating is to heat the polymeric material at a temperature of from about 400 °C to about 1400 °C.
 - 20. A carbon molecular sieve produced by the process of Claim 1.
 - 21. A carbon molecular sieve comprising an internal structure of carbon atoms, which defines at least partly substantially uniform pores, wherein the pores have a diameter of from about 1 nm to about 50 nm.
- 22. The carbon molecular sieve of Claim 21, wherein the pore size is from about 2 nm to about 20nm.
 - 23. The carbon molecular sieve material of Claim 21, wherein the volume of the pores is from about 1.0 cm³/g to about 3.0 cm³/g.
 - 24. The carbon molecular sieve of Claim 21, wherein a Brunauer-Emmett-Teller (BET) specific surface area is from about 1000 m³/g to about 3000 m³/g.

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- 25. The carbon molecular sieve of Claim 21, where the carbon atoms form nano-lines which form a substantially uniform hexagonal structure, and wherein the pores have substantially a single uniform diameter.
- 26. The carbon molecular sieve of Claim 21, where the carbon atoms form nano-tubes which form a substantially uniform hexagonal structure, and wherein the pores have substantially two uniform diameters.
 - 27. A method of storing hydrogen, comprising:

providing a composition comprising the carbon molecular sieve of Claim 21; and

contacting hydrogen with the composition so that the carbon molecular sieve in the composition can absorb and retain the hydrogen in the internal structure thereof.